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# ANNOUNCEMENT

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## SUBJECT: Osteoporosis/Bone Density Screening

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Osteoporosis, or porous bone, is a disease characterized by low bone mass and bone fragility that leads to an increased susceptibility to fractures of the hip, spine and wrist. The National Institutes of Health considers Osteoporosis as a major health threat for more than 28 million Americans, 80 percent of whom are women.

Risk factors include, but are not limited to, being female, advanced age, family history, a diet low in calcium, cigarette smoking, low testosterone levels in males, inactive lifestyles, ethnicity, and use of certain medications, such as steroids and anticonvulsants.

A simple, painless, quick and accurate test can detect bone density and predict probability of future fractures.

There are medications approved by the FDA for the treatment of this disorder. A balanced diet rich in calcium and vitamin D, weight bearing exercise, a healthy lifestyle with no smoking and limited alcohol intake, and medication may prevent or reduce the impact of this disease.

The Health Unit and Preston's Care Pharmacy of Arlington, VA will offer Bone Density Screening on the dates indicated below:

June 10, 2004

June 17, 2004

September 23, 2004

September 30, 2004

Interested individuals should contact the Health Unit at x6-6666 to schedule their appointment.

  
Teresa R. Spagnuolo

Chief, Safety and Environmental Division

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